

Eva: Helen, I have read an article from the newspaper recently. It is quite interesting.

Helen: What's that?

Eva: The title of the article is "if you were paid millions to eat only one food item for the rest of your life, what would it be?".

Helen: Oh! I also read it before. It is really interesting. I remember many people choose chocolates, but I don't think so. It is so unhealthy!

Eva: I agree with you because chocolates contain very high calories. I don't want to be a fat woman for the rest of my life.

Helen: Completely agree. Someone choose pizzas but I don't think it's a good idea because it's bad for our health as well. I would have pimples on my face if I eat too many pizzas.

Eva: So, what would you choose?

Helen: I think I would choose rice.

Eva: Why?

Helen: It's because I'm lazy. Rice is very simple to make. I can just put rice in the rice cooker and that's all.

Eva: Ok ~ I think I would choose potatoes.

Helen: Potatoes? Good idea! Why didn't I think of that?

Eva: I think potatoes are healthy. Also, you can cook them in different ways like smashed potatoes, potato salad, etc..

Helen: Correct! I'm going to change my mind and choose potatoes.

Eva: Obviously potato is better than rice!

Helen: So, you are here just because you want to ask me a question?

Eva: No, I'm telling you reading is an interesting activity. While you are reading, you can learn many things. Just a little thing can change your mind.

Helen: You are right. I have to go home and do more reading to enrich my knowledge. Thanks Eva.

Eva: You're welcome.